

(12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property
Organization
International Bureau



(43) International Publication Date
26 February 2004 (26.02.2004)

PCT

(10) International Publication Number
WO 2004/016173 A1

(51) International Patent Classification?: **A61B 5/22 //**
A63B 21/00

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(21) International Application Number:
PCT/FI2003/000607

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(22) International Filing Date: 18 August 2003 (18.08.2003)

(81) Designated States (*national*): AE, AG, AL, AM, AT (utility model), AT, AU, AZ, BA, BB, BG, BR, BY, BZ, CA, CH, CN, CO, CR, CU, CZ (utility model), CZ, DE (utility model), DE, DK (utility model), DK, DM, DZ, EC, EE (utility model), EE, ES, FI (utility model), FI, GB, GD, GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD, MG, MK, MN, MW, MX, MZ, NI, NO, NZ, OM, PG, PH, PL, PT, RO, RU, SC, SD, SE, SG, SK (utility model), SK, SL, SY, TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, YU, ZA, ZM, ZW.

(25) Filing Language: English

(26) Publication Language: English

(30) Priority Data:
20025038 16 August 2002 (16.08.2002) FI

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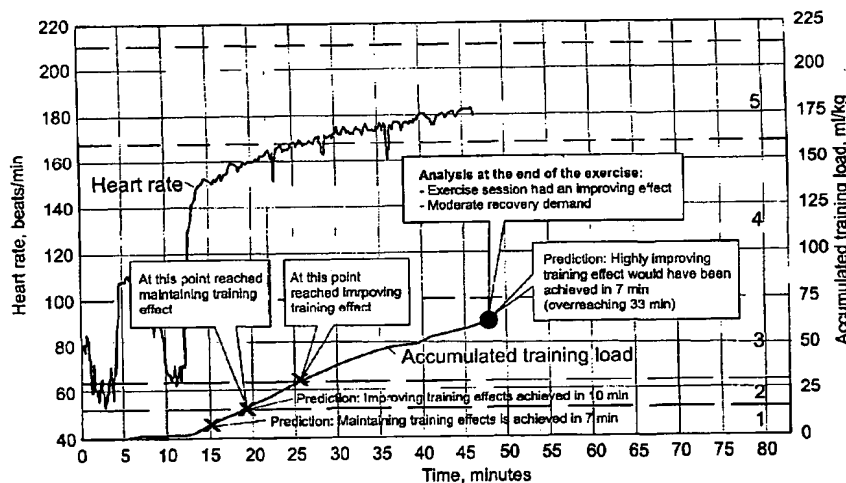
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(84) Designated States (*regional*): ARIPO patent (GH, GM, KE, LS, MW, MZ, SD, SL, SZ, TZ, UG, ZM, ZW), Eurasian patent (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European patent (AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI, FR, GB, GR, HU, IE, IT, LU, MC, NL, PT, RO,

[Continued on next page]

(54) Title: METHOD FOR MONITORING ACCUMULATED BODY FATIGUE FOR DETERMINING RECOVERY DURING EXERCISE OR ACTIVITY



(57) Abstract: The invention relates to a method for determining accumulated body fatigue index (BFI), wherein one or more parameters from the measurement of one or more signals are obtained sequentially as input and these parameters are information on the intensity of physical activity. BFI has a predetermined initial value, and next BFI value is always a sum of BFI-value and a difference. The difference is combination of upslope and optional downslope components of BFI determined with the said parameters and the upslope component and the optional downslope component are each determined with a function, which is scaled by a preset physiological character.

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SE, SI, SK, TR), OAPI patent (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW, ML, MR, NE, SN, TD, TG).

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Published:

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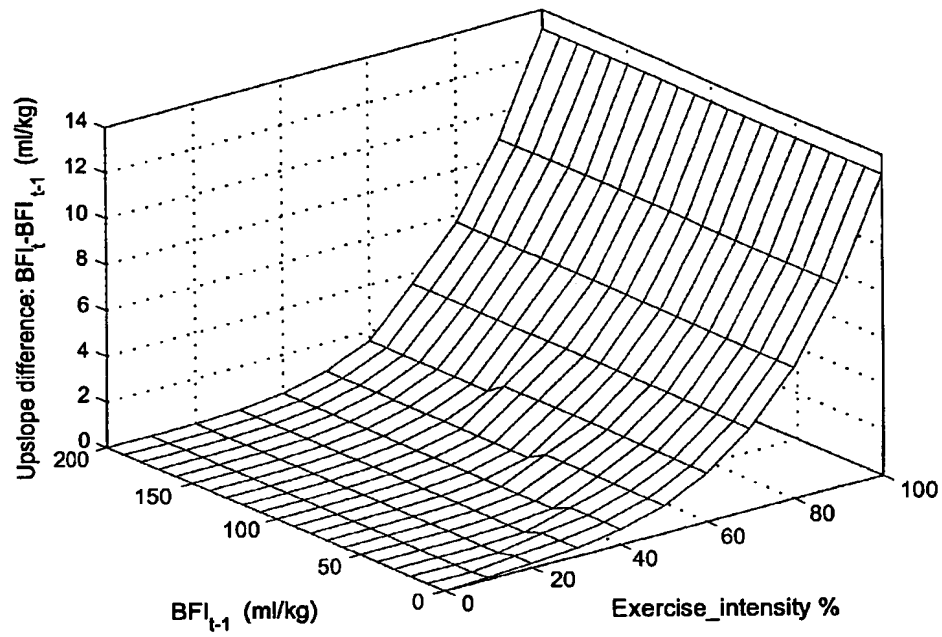


Fig. 1a

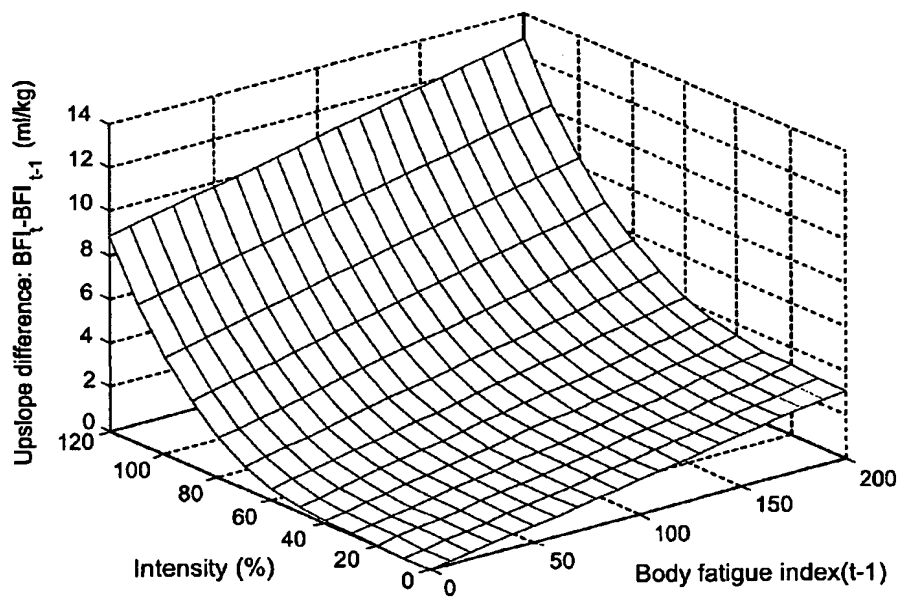


Fig. 1b

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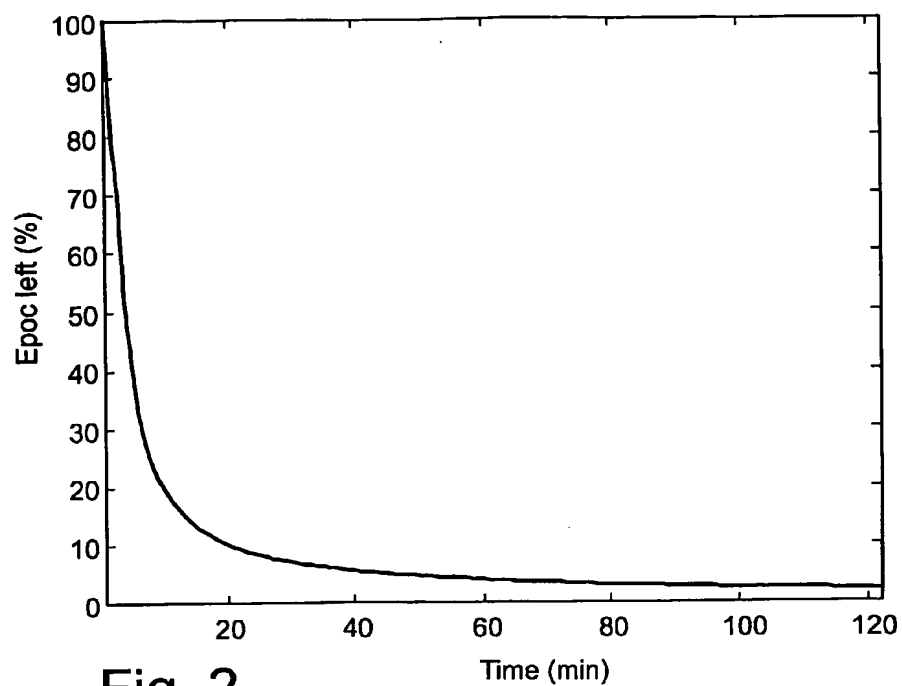


Fig. 2

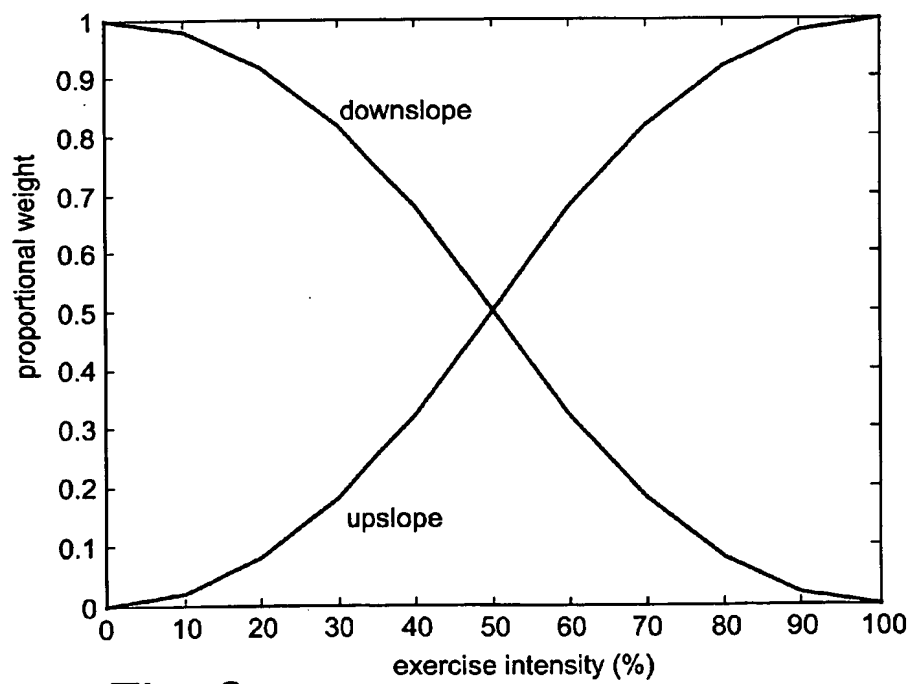


Fig. 3

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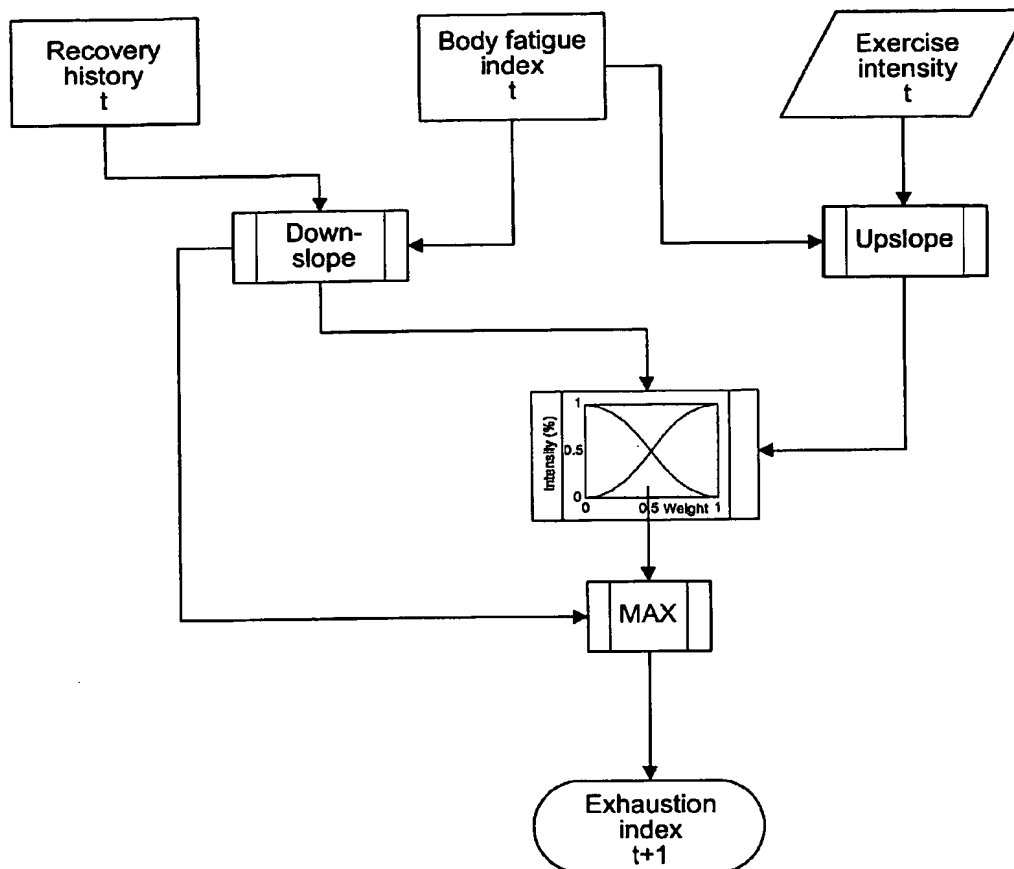


Fig. 4

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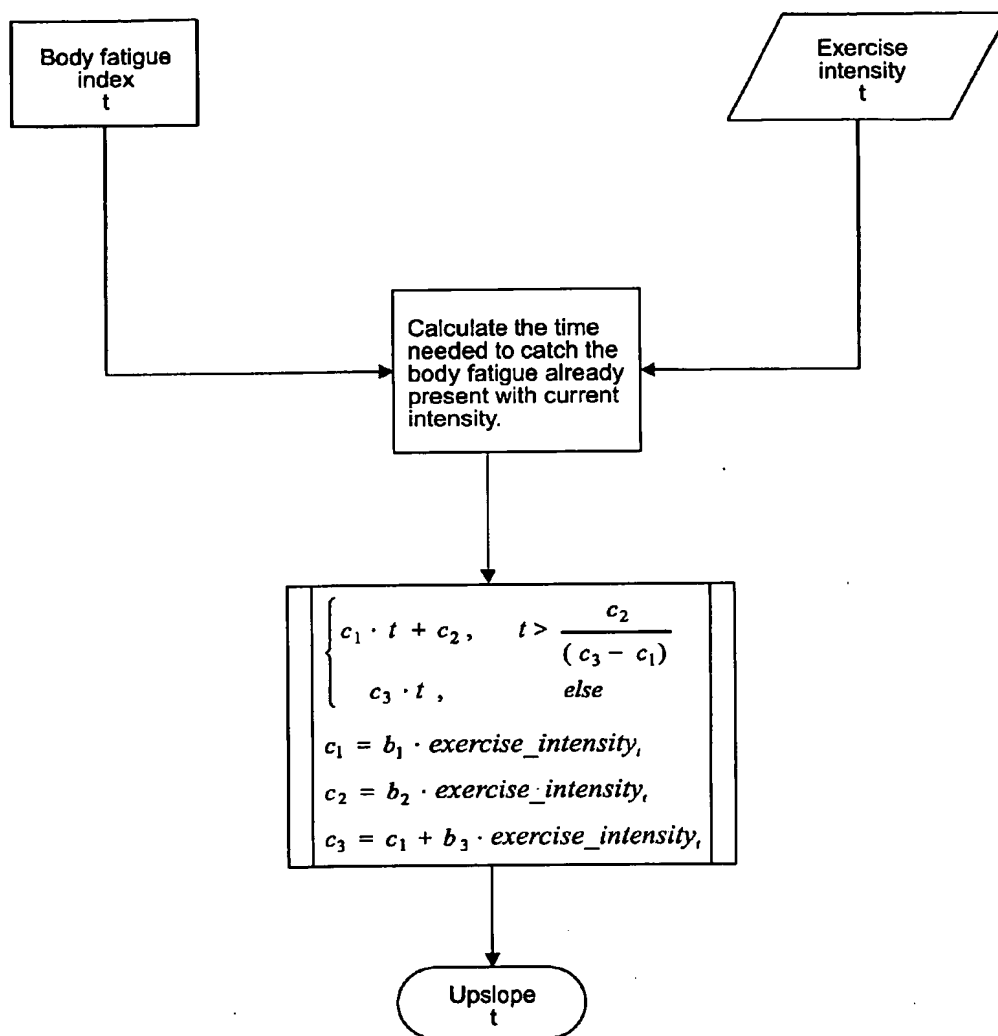


Fig. 5

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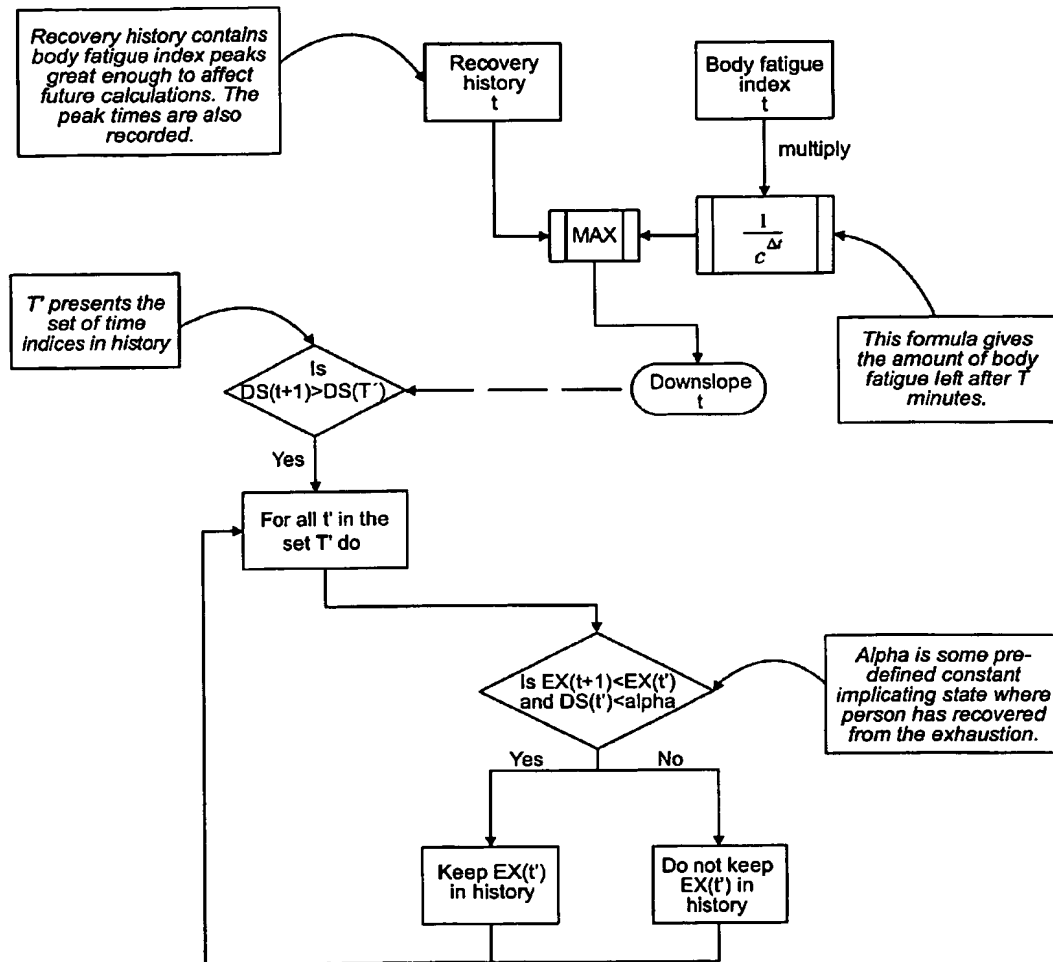


Fig. 6

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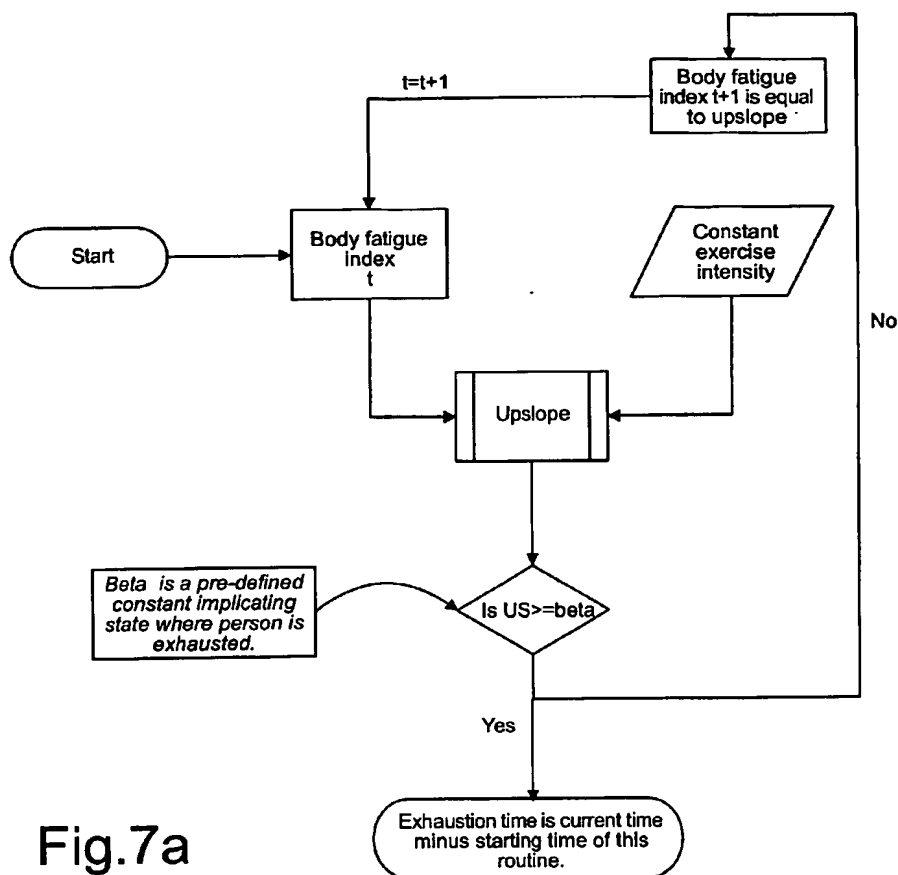


Fig.7a

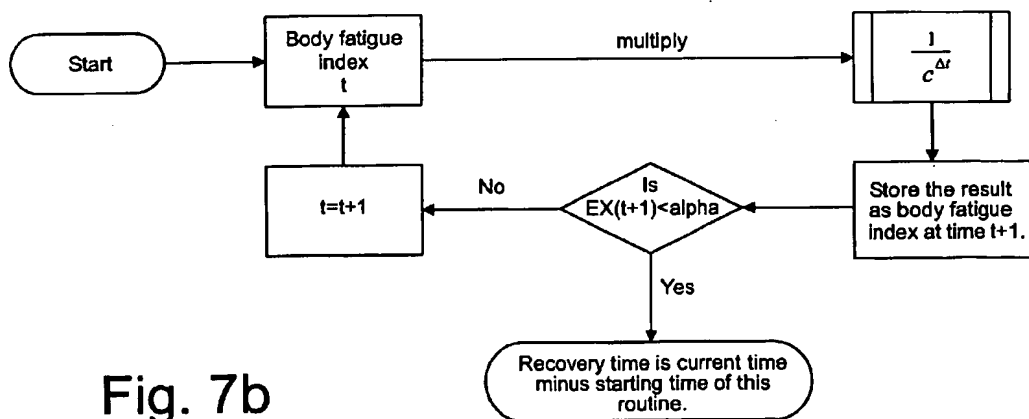


Fig. 7b

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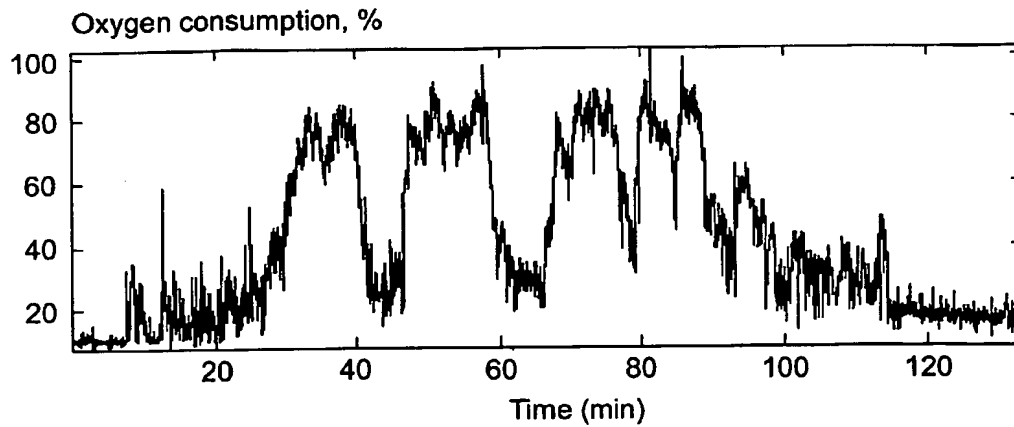


Fig. 8a

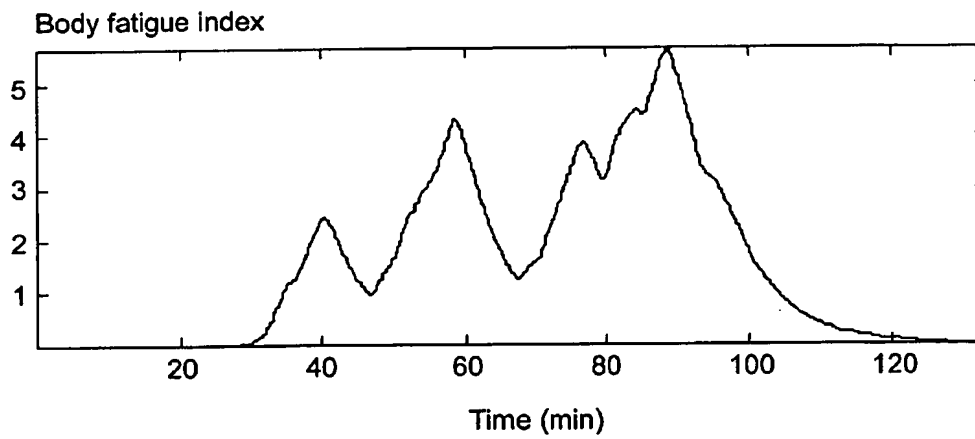


Fig. 8b

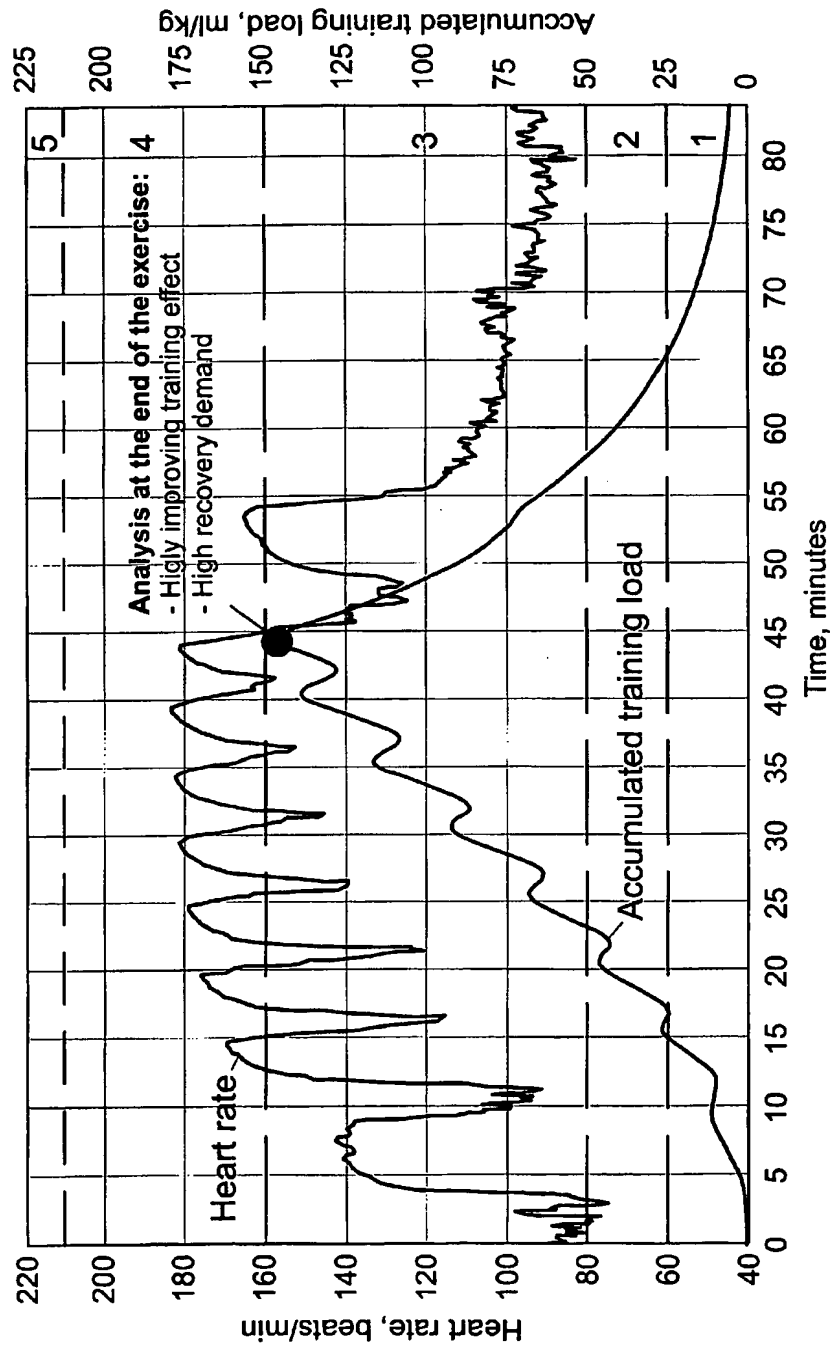


Fig. 9

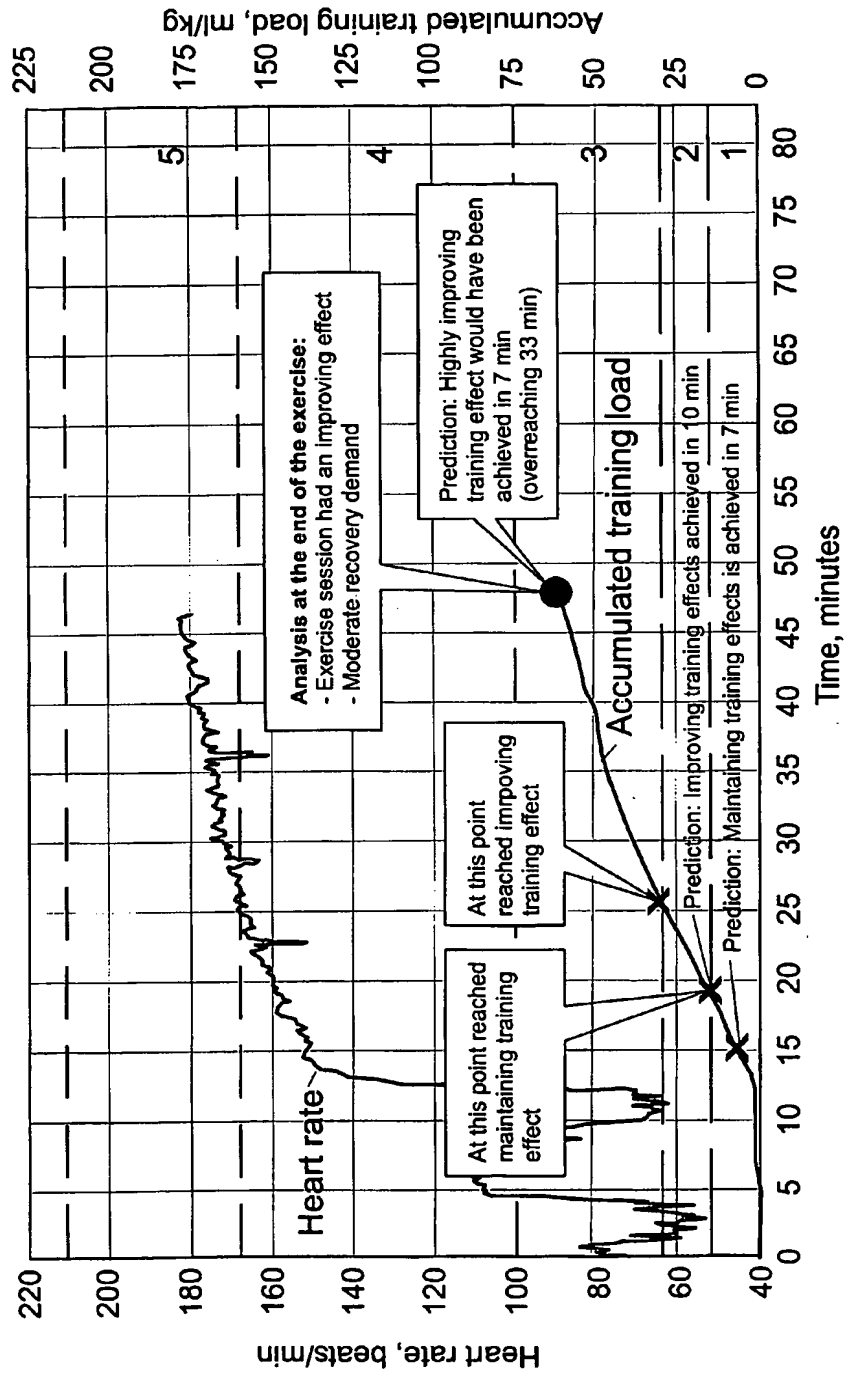


Fig. 10

INTERNATIONAL SEARCH REPORT

International application No.
PCT/FI 2003/000607

A. CLASSIFICATION OF SUBJECT MATTER

IPC7: A61B 5/22 // A63B 21/00

According to International Patent Classification (IPC) or to both national classification and IPC

B. FIELDS SEARCHED

Minimum documentation searched (classification system followed by classification symbols)

IPC7: A61B, A63B

Documentation searched other than minimum documentation to the extent that such documents are included in the fields searched

SE,DK,FI,NO classes as above

Electronic data base consulted during the international search (name of data base and, where practicable, search terms used)

EPO-INTERNAL, WPI DATA, INSPEC, MEDLINE, BIOSIS

C. DOCUMENTS CONSIDERED TO BE RELEVANT

Category*	Citation of document, with indication, where appropriate, of the relevant passages	Relevant to claim No.
X	US 4883063 A (BERNARD, T.E. ET AL), 28 November 1989 (28.11.1989), figure 1, abstract --	1-17
X	US 6104947 A (HEIKKILÄ, I. ET AL), 15 August 2000 (15.08.2000), figure 1, abstract --	1-17
X	US 5891044 A (GOLOSARSKY, B. ET AL), 6 April 1999 (06.04.1999), figure 5, abstract --	1-17

☒ Further documents are listed in the continuation of Box C.

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Date of the actual completion of the international search

5 April 2004

Date of mailing of the international search report

07 -05- 2004

Name and mailing address of the ISA/

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INTERNATIONAL SEARCH REPORT

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|--|---|

Date of the actual completion of the international search

5 April 2004

Date of mailing of the international search report

07 -05- 2004

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